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ENERGY MEDICINE AND A RELUCTANT HEALER

By Allyn Evans
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Allyn is a speaker, author, blogger, former university professor, former newspaper columnist and consultant. She earned a BA in Psychology from the University of Mississippi and an MBA from Texas Tech University. An Advanced Toastmaster, Allyn offers sound technology and related workshops in the United States and internationally. She serves clients in Jackson, Mississippi, when she is not teaching.

Before you dive in to Allyn Evans's account of her personal expansion into energy healing, we, the Monroe Institute, send a heartfelt shout-out to our extraordinary global trainer team. Individually and collectively, our trainers bring not only high levels of knowledge and compassion to the work, but unique skill in activating, maintaining and employing resonant energy fields to elevate participant experiences—all while in the midst of evolving their own consciousness processes. Thanks for this, Allyn!

If you had asked me what I'd be doing in my late 50s, I would have never guessed that the word "healer" would be included.

If it wasn't for my business partner and co-trainer, Brian Dailey, MD, I don't know that it would be true today. But here I find myself not only serving as an energy healer, but teaching others to do the same. It's funny how things work out.

In hindsight, I remember being told on several occasions by psychics that my aura was green. I didn't particularly like hearing this at the time, although I didn't know what it meant. The color described made me feel like there was something wrong with me. Apparently, it was the clue to the role I was destined to play.

My first exposure to healing was accidental. The Monroe Institute Local Chapter Network (LCN) Leadership Council, which included me, planned a big launch meeting. We thought it would be a nice treat to schedule a program immediately following that LCN participants could attend. We didn't have any say in what the program would be and I must confess I was a tad disappointed when a program about using energy to heal was announced.

Of course, it was the perfect program for me at the time and introduced me to a world of working with energy to help others. This didn't mean that it "took" then—that was 2010—but, it certainly opened a window.

It was 2013 when Brian and his business partner at the time contacted me about joining their Samvit Wellness team. My role was curriculum development and the focus was on creating programs targeting medical professionals and teaching about the use of sound technology.

There was no healing work involved.

Before I started working for Samvit Wellness, I had my first introduction to Reiki (an energy healing modality) and let's just say ... I was not impressed. My teacher didn't do a good job of explaining things to me. I walked away shaking my head and thinking it was a bunch of malarkey.

By 2017, Brian and I were stepping into our partnership. That is when we started teaching Energy Medicine at the Monroe Institute. I made it clear. My role was managing the program and handling anything to do with sound technology and typical residential training duties. Brian handled all the healing talk and demonstrations. He continued to encourage me to do more with the healing, but I resisted. Frankly, I still had that leftover memory from my first Reiki experience and was a little dismayed at the time that it was Brian's modality of choice.

So, over a course of two years I witnessed the magic (this stuff really works) and finally absorbed the message that there is science behind it. I can't tell you the exact moment that my wake-up call happened, but by the time I returned to Mississippi by way of Florida, I was ready to step completely into the role of energy healer and teacher.

It's very rewarding and regularly reminds me just how powerful we are. I have witnessed what I can only call miraculous transformations. One included my own instant healing after injuring my hand to the point of needing medical attention, according to Brian. Fred Rible, Monroe Residential Trainer, former member of the Board of Directors and, yes, a healer, worked on my hand. We caught the energetic transformation with our Biofield Imaging equipment!

Working with Brian has been one of my greatest pleasures. His vast knowledge on the subject is unsurpassed and I am very grateful that our paths crossed. I have learned so very much from him and from our remarkable participants. Their input tells me we're on the right path–

"… amazing insights and techniques to improve healing and manifesting … lively discussions and practical exercises for enhancing personal power. … I highly recommend this course to anyone seeking to take their Monroe experience to a new level … ."

~ Dr Lana Love

"… a great combination of theory and background, along with hands-on practice from the very beginning. … EM helped me gain understanding and experience of the

importance of my intentions."
~John Davis

"My life is this ongoing amazing [thing] since that class."
~Craig Hendricks